

Brussels sprouts with chorizo & hazelnuts



Brussels sprouts with chorizo & hazelnuts

Preparation: about 15 minutes

Cooking: about 20 minutes

Serves: 4 as a side dish

Choose Brussels sprouts no larger than a ping pong ball.

16 small Brussels sprouts, trimmed and quartered

1 chorizo sausage, finely chopped

1 tbs olive oil

1 tbs butter

1 small brown onion, peeled, halved and sliced

1 garlic clove, finely chopped

1/3 cup chicken stock

1/4 cup roasted hazelnuts, chopped

Salt and ground black pepper

1. Boil Brussels sprouts in a pan of boiling water for 3 minutes. Drain and refresh in cold water.
2. Meanwhile, heat a medium non-stick frying pan over medium heat. Add chorizo and cook, stirring often, for 5 minutes. Transfer to a plate.
3. Heat oil and butter in the frying pan over medium heat. Add onion and garlic, and cook, stirring often for 5 minutes or until tender. Add Brussels sprouts and cook, stirring often, for 3 minutes. Add stock, partially cover and simmer for 3 minutes. Stir in chorizo and hazelnuts, season with salt and pepper to taste and serve.



Brussels sprouts

- Close to the top of the class for all round nutrition, supplying dietary fibre, potassium and a range of vitamins (A, C, E and four of the B complex vitamins).
- Beta carotene is converted to vitamin A in the body and is important for eye health while vitamins C and E help fight inflammation and infection.
- Vitamins B1, B2 and B6 are all involved in the way the body uses energy while folate is important for heart health.

For fresh fruit and vegetable recipes visit
www.sydneymarkets.com.au

SYDNEY MARKETS

SYDNEY MARKETS

Neither whole nor part of this leaflet may be reproduced without written permission from Sydney Markets Limited. WIN09